



**Counselor: Kristina Lee**

**Grade Level: 5**

**Updated: October 2016**

### **Bystander/Upstander: Green Dot Lesson**

**ASCA National Standards:** Academic: A: A2 Acquire Skills for Improving Learning, Achieve School Success; Career Development: C: C2 Apply Skills to Achieve Career Goals; Personal/Social Development: Acquire Self-Knowledge, Acquire Interpersonal Skills, Self-Knowledge Application

#### **Learning Objectives:**

- Learn the definitions of bystander and upstander
- Learn the ways to be an upstander
- Learn what MMS green dot behaviors are

#### **Materials:**

- Internet access for YouTube video clip and 10 ways to be a bystander website
- Green Dot Plan green dots- to be filled out during A&A

#### **Procedure:**

- Bystander Video -  
[http://www.youtube.com/watch?v=YcD\\_9eTa7AY&safety\\_mode=true&persist\\_safety\\_mode=1&safe=active](http://www.youtube.com/watch?v=YcD_9eTa7AY&safety_mode=true&persist_safety_mode=1&safe=active)
- Guiding questions to process the video
  - What does it mean to be a bystander?
  - What do you think you would have done if you saw a student lying on the floor?
  - How does this relate to school?
- Define Upstander
  - Someone that makes a positive contribution to our environment by getting an adult or intervening if they overhear something that is not nice.
  - Can anyone tell us when they saw someone using upstanding behaviors (without using their names)?
  - What would you tell others about upstanding behavior?
- Use “10 Ways to Be an Upstander” –  
<http://www.schoolclimate.org/bullybust/students/upstander/>
- Green Dot Behaviors Brainstorm:
  - Definition of Green Dot Behavior: any behavior, choice, word, or attitude that promotes safety for all of us and communicates intolerance for any form of violence.
  - What would be examples of green dot behaviors in school?

- Examples: A green dot is pulling a friend out of a difficult situation – a green dot is giving words of support – a green dot is posting a positive message/status on Facebook (if you are 13 years old) – a green dot is showing you care for others – a green dot is striking up a conversation with a friend about how important school pride is to you – a green dot is helping a friend make a good decision. A green dot is simply your individual choice at any given moment to make our community safer.
- Green Dot Activity: Each student to complete a Green Dot Plan and write it on the green dot to be hung in homeroom hallway- Teachers will lead their A&A groups in this
  - Pass out green dots
  - Green Dot Plan: What behaviors, choices, words, or attitudes they can use/promote to deal with RED DOT situations

**Plan for Evaluation:**

- We will know students understand Green Dot Behaviors based on their Green Dot Plans.